



## Division Commander Shares Vision

By Mark Kane

**B**rig. Gen. Edwin Arnold, commander, Mississippi Valley Division, visited the Rock Island District and conducted a town hall Nov. 1, for the first time since taking command of the Division Sept. 12.


During the town hall, Arnold emphasized how important it is for the Corps to become better at meeting the unfulfilled needs of the Corps' customers.

Arnold said, "Finding solutions without boundaries is the way to do business," because problems don't have the same boundaries as our districts.

He also stressed the importance of developing the Corps workforce for the

year 2010 and pointed out that using the Student Career Experience Program is the best way to bring in new talent.

Arnold said, "we must transfer experience through coaching and mentoring to enhance the emerging leadership programs, and we must make sure we have the right skill set for the future."

An important new philosophy from Lt. Gen. Robert Flowers, commander, Corps of Engineers, was also highlighted during the town hall. Business cards with the Chief's new philosophy will soon be distributed throughout the District. The Chief's philosophy can be seen at right. 

### Chief's Philosophy

- Every USACE soldier and civilian has four individual responsibilities:
  - ✓ Know your job
  - ✓ Be situationally aware
  - ✓ Be healthy
  - ✓ Treat every individual with dignity and respect.
- Leaders set the example.
- Think through problems and let me know what **YOU** would do if YOU were the Commanding General.
- DON'T COMPLAIN!**
- Keep a sense of humor, enjoy your families, and have fun.



## Prevent Muscle Strains While Traveling

By Beth Urmy, Safety and Occupational Health Office

**M**illions of travelers will be hitting the highways and skyways this holiday season. Most will be so concerned about remembering gifts for loved ones; they may forget something more important -- their bodies.

There is an increase in back, neck, shoulder, and arm strains during the holiday season because people tend to carry packages or luggage the wrong way, or carry heavy items for long periods of time. However, simple precautions, such as lifting heavy luggage and gifts with your leg muscles -- not your back or arm muscles -- can prevent the pains and strains that can put a damper on the season.


For starters, don't pack your suitcase so it's too heavy to lift over your head and then try to squeeze it into a plane's overhead compartment. There is no better way to throw out your back. Ask an attendant or fellow passenger for help when placing heavy items into a plane's overhead bins. Also, when sitting on a plane, it's important to keep your hips and knees at a ninety-degree angle. Try using a

knapsack, briefcase or even a gift as a footrest. If feet dangle, they may become numb when it's time to stand.

When packing a car trunk, do it in small trips, even if it takes longer. And, if your luggage has wheels, it is better to push it, rather than pull it.



Furthermore, prudent lifting and stretching is advised. If you sit for a few hours and then grab a 40 or 50 pound bag, and are not warmed up, your muscles can't respond to the load, and you can develop a tear or strain. To help prevent this from happening, try periodically grabbing your ankles to stretch your legs and thighs, and lift your arms into the air at least once an hour to stretch them out. Also, try stretching your arms behind your back to loosen your pectoral muscles.

Whether flying or driving this holiday season, the key message is take time to do some simple stretches to warm up your body or keep it loose. Fliers can do the exercise in their seats, but drivers should pull over to the side of the road every hour or so to limber up. 

# District Awarded for CFC Participation

By Ron Williams, Rock Island District Combined Federal Campaign Chairman

The Combined Federal Campaign is well known within government service, but the magnitude of the planning that it takes to accomplish a successful campaign is not.

The law limits the campaign to six weeks, but like any challenge, the preparation for the event seems endless. The District was challenged by the district engineer to improve our participation percentages from 26 percent to 50 percent, to beat our previous year's record contribution of \$28,000, as well as to make it fun.

As the chair for District CFC Campaign 2000, I needed teams of volunteers with strong leadership and unselfish assistance, and I got it.

Karin Ciaccio, Real Estate, co-chaired the recent CFC Auction, which is the largest money making event of the campaign. Local merchants and Corps employees donated artwork, personal services, meals, airplane tickets, hotel stays, handcrafts, and a host of other items to the auction. Karin, and her co-chair Mike Bunch, Resource Management, organized several teams to facilitate an event that included food concessions by the Navy and Coast Guard Morale, Welfare and Recreation division.

The auction was open to approximately 12,000 federal employees in the campaign area. The celebrity auctioneers stirred the emotions and the pocketbooks of the bidders and in the end \$6,173 in net profit was donated to the general CFC fund, in addition to the MWR funds.

Ciaccio was the focal point of this success. She counted on Denise Tyler,

Real Estate, and several other district employees to make this the most successful fund raising event of the campaign.

I would like to especially thank all of the employees who donated goods, services or time to make the auction a success. You really made a difference!

The CFC campaigns have grown in enthusiasm and events in the last four years. Since 1997, the District has sponsored a chili cook-off. The huge success of this event is to the credit of Terry Riddell, Real Estate, and his co-chair John Quick, Engineering Division. Riddell recruited help throughout the



**Karin Ciaccio, Real Estate, introduces Kelly Gilhooly, Executive Office, to her newly acquired cat fresh off the auction block. Gilhooly outbid her competition and now officially owns the feline named "Kitty," which came from the Moline Animal Shelter.**

District and organized a team that accomplished one of the smoothest events that I've been involved in. Mary Scott, Real Estate, is always a wizard at the computer, and the logistics organization supported her efforts.

Cookbooks were also sold with assorted chili recipes. This event is designed to create enthusiasm and public awareness of the CFC campaign. It also generated over \$600 in revenue.

All of this enthusiasm, participation and achievement would not have materialized if it wasn't for the personal convictions and encouragement of the Real Estate managers led by Patty Dice. Her commitment to the CFC began in Seattle as a keyperson and a loaned executive and it has continued throughout her career. She, and the other managers, provided an atmosphere where those who wanted to participate were encouraged to do so.

So, with all this activity what was the final score? The Rock Island District accepted contributions of **\$39,392.26** or attained **138 percent** of its monetary goal. The participation level was elevated from **26 percent** to **40 percent**.

As a direct result of the District's participation, we were recognized by the CFC for exceeding our monetary goal, as well as our participation goal. On top of that, the District received the **CFC 2000 award for Highest Increase in Participation**

**(small organization), and Highest Average Gift (small organization).**

The challenge of 50 percent participation from the district engineer is now the new level of the bar for the 2001 Campaign.

Thanks to all who gave and who made it possible for us to go over our goal for 2000. Your support of the Combined Federal Campaign will benefit people in need throughout the community, the nation and the world. 🇺🇸

